



# 610TH SECURITY FORCES



UTA 11-12 September 2004

## *We Stand Ready*

### COMMANDER'S CORNER

Here's my sales pitch this month. United Concordia Supplemental Dental Insurance. I mentioned it last month at Commander's Call. And now I give you personal testimony of why you should consider getting it. I have private dental insurance and I thought it was pretty good.... it wasn't. My recent dental check-up showed I needed a deep cleaning. My private insurance didn't cover any of it. If I would have had the United Concordia Supplemental policy, they would have covered 80% of the cost. Needless to say if you've been to the dentist lately, you know its not cheap. I will now be taking one less vacation this year. I have signed up for United Concordia. Its \$9.07 per month for you ( the Sponsor) and they will take the money right from your UTA pay check. It couldn't be easier. The cost to cover 1 family member is \$22.68 and 2+ family members is \$56.66 a month. The cost to cover you AND more than 1 Family member ( Sponsor & Family Premium) is \$65.73. Check around, everyone I've talked to swears it's a great deal. See the orderly room for more information. Be safe, see you on the September UTA.

Lt Col Lutz

### DIRT FROM THE SHIRT

#### **BILLETING PROCEDURES**

If you must cancel a reservation you **must** get a cancellation number from the lodging office. Additionally, you must get the name of the individual who made your lodging change. Any questions, please see SMSgt Carreon.

#### **10 TIPS on using myPay for your pay needs tips provide by 37 Comptroller Squadron**

10. Use myPay to print pay statements at: <https://mypay.dfas.mil/mypay.asp>
9. Use myPay to enroll in and change military Thrift Savings Plan contributions and mailing address
8. Use myPay to change direct deposit bank account mailing address
7. Use myPay to print W-2s and change W-4 tax withholdings.
6. If you think you are over or underpaid, go to Finance and have it checked out.
5. When changing banks, don't close the old account until pay is deposited into a new account
4. Contact the bank each payday to confirm pay deposit amount before writing checks.
3. Protect your identify-buy a personal paper shredder for your home.

2. Be aware of what you sign especially allotment documents for commercial vendors.

1. Protect your privacy! Don't share your myPay personal identification number or computer password with anyone.

SMSgt Carreon

### VOTING INFORMATION

Airman Votes is the name of the new Web page designed to give Airman , their family members and Air Force civilians all the information they need to register to vote, file and absentee ballot request and mail an absentee ballot.

**YOUR VOTE COUNTS!** Since 1960 two different presidential election have been decided by less than one percent of the popular vote said General Jumper, Air Force Chief of Staff. The absentee voting system had traditionally been fraught with challenge, but we are working hard to make it easier for you to vote no matter where you are located.

**[www.afpc.randolph.af.mil/airmenVotes](http://www.afpc.randolph.af.mil/airmenVotes)**

It can also be reached through Air Force link and the Air Force Portal

## FROM MAJOR ROTHERMEL

Medals...Our orderly room staff and Chief Smith have streamlined the process and individual unit members do not have to bring in documentation (DD 214s, Travel Vouchers, etc.) to validate service for the GWOT and GWOT Expeditionary medal inclusive dates. Lt Col Lutz will simply send a signed consolidated list as the unit commander to the MPF to justify records updates.

Wiley X prescription lenses. The USAF will not pay for prescription lenses in the Wiley X series goggles/sunglasses. SRA Blankenship found that Sunland Optical can make lenses for \$77.00. (POC is Elvis R. Nicholson, ABOC, Manager, Carswell AFB Bldg 1880, 817 738-3101)

## INFORMATION STATION

### ID CARDS

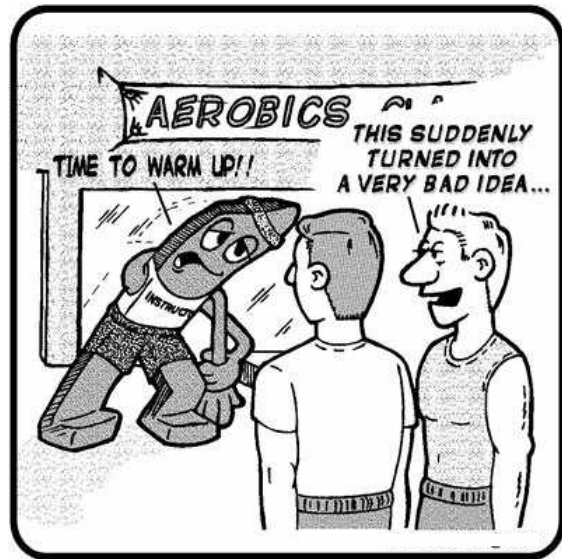
Effective immediately, all ID cards will now be done at the Visitor Control Center (Bldg 1303) near the Main Gate. The MPF will do ID cards on a limited, by appointment only basis. If you have any questions or if you wish to set up an appointment, please contact Customer Service at extension 6857.

**Emergency Data Information:** The old DD Form 93 is now accomplished through the Virtual MPF. Please ensure that you have updated any information by accessing the vRED. If you are having difficulty logging onto Virtual MPF contact any member of the CSS.

<http://www.afpc.randolph.af.mil>.

**Virtual MPF:** It's important to visit the virtual MPF often. Many of the personnel actions that required MPF can now be handled by you such as view your own records or change your address (although you will still need to personally change your address with Finance).

<https://www.afpc.randolph.af.mil/afpcsecure/Default.asp?B1=Next+Page>



**Don't forget about the Physical fitness test  
this Sunday of the UTA  
Height and weight measurements will be  
throughout the day on Saturday**

**REMEMBER YOUR PT GEAR!!**

**SEPTEMBER 11  
WE REMEMBER**



# UTA SCHEDULE

610TH SECURITY FORCES

## Saturday 11 Sep 2004

0630 - 0700 Sign in  
 0700 - 0730 Chief's Time  
 0730 - 0800 Commanders Call  
 0810 - 1100 Track Training  
 0830 - 1130 NBS Refresher Training  
 1100 - 1200 LUNCH  
 1200 - 1530 Track Training  
 1530 - 1600 Supervisor Time  
 1600 Sign Out

## 0900-0930

SSgt James, T  
 MSgt Jensen  
 CMSgt Johnson,  
 SrA Johnson, K  
 MSgt Jones  
 Capt Roth  
 Maj Rothermel  
 TSgt Lee, C  
 TSgt Lee, D  
 SSgt Martinez-perez  
 TSgt Vestal  
 SrA McDaniel  
 SrA Mestas  
 SrA Meyer  
 1Lt Mills  
 TSgt Mullen  
 SrA Myers  
 SrANance

## 1230 - 1300

TSgt Nathan  
 SSgt Parker  
 SrA Kingston  
 MSgt Larue  
 CMSgt Marvell  
 SrA Salley  
 SSgt Sanchez  
 SrA Saucedo  
 SSgt Sell  
 TSgt Sheehan  
 A1C Truman  
 SrA Young  
 MSgt Vollmar  
 MSgt Webb  
 A1C Webster  
 TSgt Williams, J

## Sunday 12 September 2004

0630 - 0700 Sign In  
 0715 - 1100 Fitness Test  
 1100 - 1200 Shower and LUNCH  
 1200 -1530 Track Training  
 1530- 1600 OJT Records Training  
 1600 Sign Out

The following individuals have **NBC Refresher on Saturday** at 1792. You will need to pick up your gear by 0800 on Saturday at the warehouse.

## Height and Weight

0830-0900 MSgt Aguilera  
 SrA Baugher  
 SrA Coykendall  
 MajRock  
 SSgt Cummings  
 MSgt Denny  
 TSgt Dielman  
 SSgt Dudley  
 SSgt Escobar  
 A1C Fitzgerald  
 TSgt Fourroux  
 MSgt Garcia,  
 MSgt Garrett  
 TSgt Graves  
 SrA Hettinger  
 Howard  
 SMSgt Hutto  
 SSgt Ivey

## 0830-1130

SMSgt Martinez  
 SrA Parker  
 SSgt Sell  
 CMSgt Smith  
 TSgt French  
 SrA Kingston  
 SMSgt Carreon  
 MSgt Cochrane  
 MSgt Larue  
 CMSgt Marvell  
 MSgt Webb  
 SrA Jaballa  
 SrA Salley  
 SrA Young

## 1230- 1530

SSgt Cummings  
 SMSgt Purdin



## **Attachment 6**

### **FITNESS ASSESSMENT PREPARATION HANDOUT**

**A6.1.** Your level of aerobic fitness will be evaluated by a 1.5-mile timed run or the cycle ergometry test (one-mile walk test for GSUs). Your muscular fitness will be assessed through push-ups and crunches.

**A6.2.** The run will be performed on an approved 1.5-mile distance course. Your timed results will be used to estimate your aerobic capacity. The cycle ergometry assessment involves 8 to 14 minutes of moderate exercise on a cycle ergometer. The workload will be adjusted according to your physical capability. Before and during the test, your heart rate will be carefully recorded and your fitness level will be calculated from the combination of heart rate, workload, gender, age, weight, and height. For members assigned to GSUs and complete the one-mile walk test you will be timed as you walk a distance of one mile. Additional components, (heart rate at completion time of walk, gender, age, and body weight) will be used to calculate your predicted max VO<sub>2</sub>.

**A6.3.** To evaluate muscular fitness, you will perform one minute each of pushups and crunches. If completed on the same day as the aerobic assessment, you will complete the muscular fitness components prior to the 1.5-mile timed run. Due to the heart rate component used in cycle ergometry testing (and one-mile walk test), the muscular fitness component is completed following those tests/cool down. The abdominal circumference measurement and muscular fitness component must be completed within five days of the aerobic component.

#### **A6.4. General Fitness Guidelines :**

A6.4.1. Wear normal fitness attire. The shirt must not be so loose that the bend at your arm cannot be discerned during the pushup. Boots are not allowed; athletic shoes must be worn.

A6.4.2. Avoid alcohol and heavy physical activity the night before and the day of your assessment.

A6.4.3. Get a good night's sleep prior to the assessment.

A6.4.4. Warm-up at least five minutes prior to scheduled 1.5-mile timed run; warm time is not included in the assessment.

#### **A6.5. Testing Guidelines :**

A6.5.1. Maintain or moderate your normal lifestyle up to one hour prior to testing. At that time, cease all caffeine, tobacco and food intake. Maintain adequate fluid intake.

A6.5.2. Do not change your normal habits to such an extent that you experience withdrawal symptoms from caffeine or tobacco. However, do not overindulge in caffeine, tobacco or heavy/spicy meals.

#### **A6.6. Cycle Ergometry and One-mile Walk Test Guidelines :**

A6.6.1. If you are taking medications (that influence your heart rate), you should contact your provider prior to taking the cycle ergometry assessment.

**A6.6.2.** Maintain a calm state of mind and body. Do not "pump yourself up" as in preparation for a game or athletic trial. Avoid any stimulation that could raise your heart rate. Perform the assessment with as little effort as possible. Avoid excessive emotions, especially anxiety or worry.

**A6.6.3.** Wear clothing that will allow a heart rate monitor to be worn next to the skin on your lower chest. (Females: Metal under-wire bras interfere with the heart rate monitor and should not be worn.) Evaluations will be as private as possible. The fitness assessment monitor may be male or female.

**A6.6.4.** To achieve the best score possible, you are encouraged to observing the above recommendations and arrive at your appointed time. If you fail to follow these recommendations, the assessment will still be performed as scheduled.

### EPR/OPR Listing

Craig, William	8-Jan-02	7-Jan-04	Mills, Jimmie
Buethe, Michael E	6-Apr-02	5-Apr-04	Lutz, Mary Ann
Roth Matthew R	8-Jun-03	7-Jun-04	Rock, William
Brown, William	10-Jul-03	9-Jul-04	Liebchen, Richard
Garcia, Jesus	23-Jul-03	22-Jul-04	Brown, William
Cherry, Todd E	4-Aug-02	3-Aug-04	Carreon, Herlinda
Blankenship, Jonathan	17-Aug-03	16-Aug-04	Mckenzie, Joseph
McWain, Patrick	1-Sep-02	31-Aug-04	Arico, Joseph
Smith, Ronny E.	1-Sep-02	31-Aug-04	Hutto, James
Mills, Jimmie D III	11-Sep-03	10-Sep-04	Rock, William
Crockett, Mark D.	15-Sep-03	14-Sep-04	Purdin, Kenneth
Hodges, Stephen P.	16-Sep-03	15-Sep-04	Santiago, Julio
Liebchen, Richard F.	23-Sep-03	22-Sep-04	Givner, John
Aviles, Luis M.	23-Sep-03	23-Sep-04	Pry, Ronald
Purdin, Keneth R.	30-Sep-02	29-Sep-04	Smith Malone
Rock, William A.	1-Oct-03	30-Sep-04	Lutz, Mary Ann
Rothermel, Michael	1-Oct-03	30-Sep-04	Lutz, Mary Ann
Cox, Andrea L	1-Oct-02	30-Sep-04	Purdin, Kenneth
Rosario, John	1-Oct-03	30-Sep-04	Meredith Ronald
Santiago, Julio C.	1-Oct-03	30-Sep-04	Givner, John

**RCPHA QUESTIONNAIRES** - You should complete the questionnaire BEFORE your birth month so that the 301 MDS has enough time to schedule your appointment if you have yes answers that need to be addressed.

### **Remember No Pay No Points if you don't get it done!**

Go on line <https://www.wbits.afrc.af.mil/> and click on RCPHA. Be sure to click on Submit after answering all questions.

**AUG '04**

**ALVAREZ, MARY M  
BANKS, JAMES R  
HOYT, BRUCE C  
ROTH, MATTHEW R**

**SEP '04**

**FRENCH, RICHARD E JR  
HENDERSON, ALFRED W  
PURDIN, KENNETH R  
SMITH, RONNY E**

**OCT '04**

**AGUILERA, FERNANDO JR  
CRAIG, WILLIAM G  
DAVIS, RYAN M  
FITZGERALD, RUBY L  
HUTTO, JAMES L  
LEE, DON H  
MARTINEZ, RUDY R  
NATHAN, BOBBY L JR  
ROTHERMEL, MICHAEL F**

**NOV '04**

**BIHL, CHANCE D  
LARUE, RONNIE J  
MARVELL, THOMAS E  
TAYLOR, CAMILLE N**

### PERFORMANCE FEEDBACKS

PLEASE remember that you need to do a performance feedback on your Troops. The form is in the mailroom area and the form for the PIF is in the same area. Do not forget to give the Orderly room the form for the PIF.

**610th SECURITY FORCES  
SQUADRON**

1235 Depot Ave  
NAS JRB Fort Worth TX  
76127 6200

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